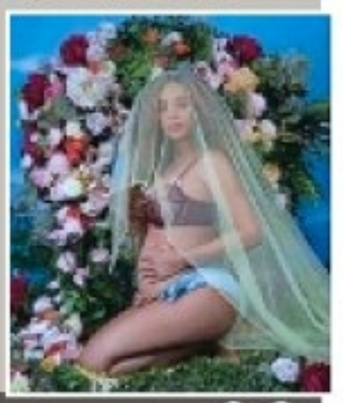
‘Our place of peace … we’ll never feel the same’

Heartbreaking return to Quebec City mosque metroNEWS

Ottawa metro

MOTHERHOOD, AS DECREED BY QUEEN BEY
metroLIFE



Your essential daily news | THURSDAY, FEBRUARY 2, 2017 | High -6°C/Low -14°C Mostly cloudy

Women take to Hill for equality

MOVEMENT

Group hopes to capitalize on momentum from women’s march

Ryan Tumilty
Metro | Ottawa

Canadian women’s groups are calling on Prime Minister Justin Trudeau to do more to bring about gender equality in this country.

At a press conference Wednesday, the groups, which include labour unions and human rights organizations, launched a campaign aiming for better access to child care and social housing, equal pay for equal work and reproductive rights among a host of demands.

Suzie Dunn of the Canadian Feminist Alliance for International Action said recent marches against President Donald Trump around the world show that women’s issues are top of mind.

“We have seen millions of women marching in the streets. They are demanding action on women’s rights,” she said.

She said they know that women everywhere were inspired by the marches and want to carry on the work.

“We’re hoping this is going to be a spark,” she said. “People are looking for action right now. They are looking for something to do and we are hoping to provide that.”

One of the issues the group would like to see immediate action on is legislation around pay equity for men and women. The Liberal government has promised to bring in new legislation around pay equity cases, but is not expected to introduce it until next year.

Barb Byers, secretary-treasurer of the Canadian Labour Congress, which is part of the campaign, said there is no reason to wait that long.

“The government should accelerate the timeline so that women don’t have to wait for equal pay of equal value,” she said.

She said previous pay equity cases, including many in the civil service, took years to be heard under the old system for resolving such disputes.

Justin Trudeau marks the completion of masonry work on the West Block by installing the last stone to the exterior of Mackenzie Tower in Ottawa on Wednesday.
THE CANADIAN PRESS

ONE DOWN, MANY MORE TO GO

PM pitches in to ambitious rehabilitation of the Parliament Buildings

CHANTAL HÉBERT | TRUDEAU’S WORDS NEVER MATCHED ACTIONS ON ELECTORAL REFORM | metroVIEWS

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metro NEWS

Your essential daily news

Barack Obama was all smiles during his well-earned vacation in the British Virgin Islands.

METRO EXPLAINS

EVERYONE WANTS A PIECE OF THE FARM

Examining the string of proposals for the Central Experimental Farm.

WIND FARM

One proposal for a portion of the 1,055 acres of land was to build a collection of wind turbines. Council rejected this proposal.

COMMUNITY GARDEN

Council also nixed a plan to build the National Botanical Garden. The group behind the proposal will move ahead with a 34-acre project near Hartwell Locks.

TRANSIT HUB

However, councillors approved a plan to use part of the farmland to build a transitway along Baseline Road.

Ryan Tumilty
Metro | Ottawa

Ottawa's Central Experimental Farm has been a 1,055-acre oasis in the heart of the city since 1886.

But its central location has also made it a target for a host of development ideas.

Using an existing access to information request, Metro obtained all the proposals that Agriculture Canada has received for a piece of the farm since 2005.

The list of requests for farm land have included some well-known and well-publicized ideas, including a new Ottawa Civic Hospital, the Baseline Transitway proposal and a National Botanical Garden.

It also included less well-known ideas: wind turbines, a climate-change research centre and a community garden.

Leslie Maitland of the Coalition to protect the Experimental Farm said pushes like these are why the land needs more federal protection, like that of a national park.

"It currently is designated a national historical site, but designation is simply an honorific," she said. "It doesn't prevent change."

"At the very least the federal government should commit itself to protecting the national historical sites that it owns and manages," she said.

On Wednesday, Ottawa councillors approved a plan that would cede part of the farm for a transitway along Baseline Road. The agriculture ministry quickly rejected the proposal for wind-turbine and community-garden proposals.

The group behind the National Botanical Garden proposal is moving ahead with a plan to use 34 acres of land near the Hartwell Locks.

Monique Oaks, chair of the group, said they are working with the government and are drafting a master plan for the site.

"What we are trying to do is create a 34-acre botanical garden of international appeal," she said. "We want to make it a destination."

The group had originally hoped to break ground this year, Oaks said, but the amount of fundraising still required could jeopardize that timeline.

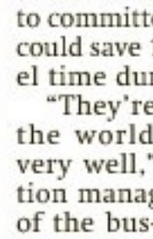
Oaks said their proposal is designed to complement the Experimental Farm as we currently know it.

"We want to be a window for Agriculture Canada to showcase their research," she said.

> **We want to be a window for Agriculture Canada to showcase their research.** Monique Oaks

PUBLIC TRANSPORTATION

Council approves Baseline project



Haley Ritchie
Metro | Ottawa

The city's transportation committee has approved the design of a $148-million improvement project that would transform the Baseline Road transit route.

The project affects a 14-kilometre stretch of road between Heron Transitway station and Baseline station near Algonquin College.

The road would be widened to six lanes, with two dedicated bus lanes in the centre, to streamline trips for both buses and cars. Bus stops would be placed on a wide concrete platform separating eastbound and westbound traffic.

City staff said the dedicated lanes would mean less waiting for buses and shorter trips overall. The report presented to committee estimates riders could save 11 minutes of travel time during peak hours.

"They're in place around the world and they work very well," said transportation manager John Manconi of the bus-dedicated centre lanes.

The project has been part of the city's transportation master plan since 2012. Construction could begin as soon as 2020.

Councillors and residents had plenty of questions about the project. Among the concerns: accessibility for seniors, the cost of snow-clearing and the appropriation of both private property and land on the experimental farm.

College Ward Coun. Rick Chiarelli raised concerns over 15 private properties that the city would need to purchase if the project were to go ahead. Chiarelli said the uncertain timeline could affect owners who need to sell their homes.

River ward councillor Riley Brockington said he supported the project but that he's concerned about encroaching on the Experimental Farm.

The plan will continue on to city council on Feb. 8.

The central branch of the Ottawa Public Library. METRO FILE

Library board OKs LeBreton Flats site

COUNCIL

McKenney lone holdout for downtown location

Adam Kveton
For Metro | Ottawa

The Ottawa Public Library board has officially recommended 557 Wellington St. as the location for the city's flagship library.

After years of work, and a public-consultation process that the library's deputy CEO Monique Désormeaux called "Canada's most robust process to select a public library location," it is now up to the city to approve the site at a council meeting on Feb. 8.

Though Désormeaux characterized the site as the runaway favourite during the evaluation process, the choice remained controversial for some, including Somerset ward Coun. Catherine McKenney, one of four councillors on the board and the only member to vote against recommending 557 Wellington.

Her dissent comes down to accessibility, she said.

"We had two consultations, I had an open house, I've got close to 150 emails and the overwhelming majority talk about walkability and accessibility," McKenney said.

> **The overwhelming majority talk about walkability and accessibility.**
> Coun. Catherine McKenney

Though accessibility — by foot, bike and public transit — was part of the board's criteria for a new site, McKenney said, the board's decision had more to do with plans and ideas for what might happen at the site than with what is there now.

"I cannot wrap my mind around how you can give a higher mark to a site that has no segregated lanes, has no access for cycling, over one that's a block from a segregated bike lane," she said. "We are disadvantaging what's here today."

As for the argument that other development proposals for LeBreton Flats include accessible pathways, McKenney said she wouldn't count on it.

"I think that we need to be building a central library for today and for what could reasonably happen in the future," she said.

Asked about her plans for the upcoming council meeting, McKenney said she continues to talk with her colleagues on securing library services for Centretown residents, and added she finds merit in the idea of having a mini-branch of the library located somewhere near city hall.

MUSLIM BAN

University welcoming U.S. students

Haley Ritchie
Metro | Ottawa

The University of Ottawa has announced new measures to help students and academics affected by U.S. President Donald Trump's travel ban.

"We were deeply concerned to learn about the United States' executive order currently preventing individuals from seven Muslim-majority countries from entering the U.S.," said vice chancellor Jacques Frémont in a statement.

The university has outlined eight steps it's taking to help those affected, including visiting appointments for American professors and waiving international fees for students who want to transfer to the Canadian school.

The university is also warning its own students who may be affected to consult the school's International Office when planning trips to the United States.

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April 11 to July 1, 2017
Evenings: 6 pm to 9 pm (6 Levels)
Saturdays: 9 am to noon (1 Level)

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Levels 2, 4 and 6: 12:30 pm to 3:30 pm
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Empty mailboxes in East End

COMMUNICATION

Canada Post suspends home delivery, claims ice unsafe

Adam Kveton
For Metro | Ottawa

John, who lives at a rental complex near Aviation Parkway, clears snow outside his unit. Canada Post has suspended mail delivery to the property, citing safety concerns. JUSTIN TANG / FOR METRO

The mailboxes of 125 homes near the Aviation Parkway are sitting empty while the property manager and Canada Post blame each other for the problem.

Tenants in rental complexes on Brittany Drive near Bangs Street discovered last month that they were no longer getting their mail. The affected homes eventually received a letter from Canada Post informing them that they could pick up their mail and parcels at a depot in the area.

In an email, Canada Post spokesman Phil Legault said, "We've unfortunately been experiencing ongoing issues with mail delivery to some addresses in the Brittany Drive area.

"We've been making every effort to deliver to addresses in the area despite unsafe conditions ranging from snow and ice covered walkways to open garbage in areas."

Though Legault said Canada Post has been "attempting to work with the property owners to find solutions," a property manager with Manor Park Estates said Canada Post has been virtually silent.

"When we started getting emails from the tenants, only then did we come to know there was a problem," said the manager, who did not want to be identified.

The manager told Metro that Manor Park Estates had reached out to Canada Post in the summer, offering a space on the property for a community mailbox but that the company balked at the opportunity.

> When we started getting emails from the tenants, only then did we come to know there was a problem.
> Unnamed manager

Now the property manager is installing outdoor mailboxes in an effort to fix the problem, she said. About 50 of them have been installed so far.

John, a new tenant at one of the complexes who gave only his first name, said some of the ice and snow in front of his unit was recently removed. He said he doesn't think that Canada Post is justified in suspending service to the location.

Given that mail carriers delivered to tenants' doors letters explaining the service suspension, "they should have been able to deliver mail," he said.

Legault said Canada Post hopes to resolve the matter soon but he did not list what steps must be taken for that to happen.

Ottawa DIGEST

LAROCHE PARK

Westfest headliners named

Westfest has announced this year's headliners, supporting Ottawa's local music scene. Deejay NDN, Juno Award winner and founding member of a Tribe Called Red, will take the stage with Monkey Junk and Lemon Cash. They'll be joined by 32 other local bands. There's also an afterparty at the Elmdale Oyster House. Events take place on June 2 to 4 in Laroche Park.

HALEY RITCHIE/METRO

INFRASTRUCTURE

Cities getting federal funds

Newly released documents show the Liberal government will send some $30 million in unused infrastructure money directly to cities through a temporary top-up to the gas tax fund. The party has promised to shift unused infrastructure money to the fund, which allows cities to spend on roads, highways, transit, water and sewer systems without having to apply for federal funding.

THE CANADIAN PRESS

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Heartbreaking return to mosque

QUEBEC CITY

Praying will not be the same, attendants say

Blood stains are shown inside a Quebec City mosque on Wednesday. JACQUES BOISSINOT/THE CANADIAN PRESS

Three Muslims returned to the Centre Culturel Islamique de Québec before dawn Wednesday for morning prayers, kneeling on carpets still blood-stained from the attack that took place.

The shoes of the six men shot dead were still at the entrance. Bullet holes pierced the walls. Blood stains blemished green and beige carpets.

Hearing it was reopened, members of the congregation trickled in slowly to see their place of worship forever changed.

"It's not the same feeling that I had felt (for this mosque)," Amel Henchere said between sobs. "Before the drama this was our place of culture, our place of peace … we'll never feel the same."

She added that it was important for her to come back to her community space, despite the grief, to fight her fears.

"It's hard for all of us to come back here and pray," agreed Ahmed Elrefai, who said there were three worshippers in attendance. "But people are urging us to open as soon as possible. So we prayed, even with the blood on the floor."

A prayer mat and toppled microphone lay at the front of the room, soiled with blood and surrounded by broken drywall from the bullet holes that pierced the walls. Bloodstains trail down stairs into the basement, where victims went into hiding after they had been shot.

Everything will change here, said Samir, who declined to give his last name, but administers the mosque's Facebook page.

Samir said police returned the keys to the congregation late Tuesday night. While the mosque is now open, he said that he doesn't believe the congregation will pray the same way again, with their backs to the door.

"We have fear behind us," he said. "I don't know how we will be able to turn our backs on that … We have to find a way to protect ourselves." TORSTAR NEWS SERVICE

150 ways of looking at Canada

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IDENTITY

Survey asks what it takes to be 'one of us'

Who is a "true Canadian?" For the majority of respondents in a new survey, it's somebody who not only speaks English or French but also "shares Canadian customs and traditions" — a marker that Canadians prioritized more than even the Australians, French or Americans.

With an eye on nationalist movements and rising anti-immigrant sentiment, the Pew Research Center surveyed more than 14,500 people in 14 countries by asking: What does it take to be "one of us?"

In a report released Wednesday, Pew researchers found language was the most critical factor for how people defined a "true" member of their nation, with the Netherlands, Hungary and United Kingdom placing the highest premium on it.

Canadians and Italians were the least likely to link language with national identity. But in Canada, 54 per cent of 1,020 respondents placed a high premium on shared "customs and traditions" when defining the Canadian identity.

TORSTAR NEWS SERVICE

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President Donald Trump holds an African-American History Month listening session in the Roosevelt Room of the White House on Wednesday in Washington, DC. AFP/GETTY IMAGES

Black History Month talk all about Trump

POLITICS

President discussed evils of media and own triumphs

Happy Black History Month, everyone. Have you heard about the greatness and persecution of Donald J. Trump?

The president of the United States held an "African-American History Month listening session" in the Roosevelt Room of the White House on Wednesday. He began with a five-minute monologue that was more about himself — his campaign, his popularity, his alleged mistreatment by the media — than it was about African-Americans.

"OH. MY. EFFING. GAWD. Trump's Black History Month speech is an abomination," Sil Lai Abrams, author of the book Black Lotus, wrote in a representative post on Twitter.

Trump's remarks bore no resemblance to the Black History Month speeches of Democrat Barack Obama, the first black president, nor did they resemble those of Republican George W. Bush. Trump appeared more interested in the evils of the media and triumphs of his own.

His third paragraph, for example, started with a lone sentence about the Rev. Martin Luther King Jr. It was followed by 10 sentences of media criticism.

Trump said King's "incredible example is unique in American history." Immediately, he pivoted to his oft-repeated gripe about a Time reporter's erroneous claim — which the reporter quickly corrected and apologized for — that he had removed a King bust from the Oval Office after moving in.

"You read all about Dr. Martin Luther King a week ago when somebody said I took the statue out of my office. And it turned out that that was fake news," Trump said.

Trump did not spend any more time discussing the other black icons he mentioned. About Frederick Douglass, the 19th-century slavery abolitionist and writer, Trump said in full: "Frederick Douglass is an example of somebody who's done an amazing job that is being recognized more and more, I notice."

He did not show that he was aware of the nature of Douglass's work or life. Neither did press secretary Sean Spicer when asked for clarification of Trump's comment. TORSTAR NEWS SERVICE

YEMEN

Trump makes unannounced trip to honour fallen Navy SEAL

Assuming the sombre duties of commander in chief, President Donald Trump made an unannounced trip Wednesday to honour the returning remains of a U.S. Navy SEAL killed in a weekend raid in Yemen.

Chief Special Warfare Operator William "Ryan" Owens, a 36-year-old from Peoria, Illinois, was the first known U.S. combat casualty since Trump took office. More than half a dozen militant suspects were also killed in the raid on an al-Qaida compound. More than a dozen civilians were also killed in the operation. THE ASSOCIATED PRESS

GLOBAL DIGEST

UNITED KINGDOM

Brexit inching closer

Britain moved closer to leaving the European Union Wednesday as lawmakers backed a bill authorizing divorce proceedings and kept alive the government's plan to trigger Brexit talks within weeks.

The House of Commons decisively backed the bill by 498 votes to 114, sending it on for committee scrutiny.

The result was a victory for the Conservative government, which had fought in court to avert the vote out of fear Parliament would impede its Brexit plans.

Lawmakers also defeated a "wrecking amendment" proposed by the Scottish National Party that sought to delay Britain's exit talks with the EU because the British government has not disclosed detailed plans for its negotiations. THE ASSOCIATED PRESS

IRAN

U.S. puts Iran 'on notice'

The White House issued a cryptic warning Wednesday that the U.S. will act against Iran unless it stops testing ballistic missiles and supporting Houthi rebels in Yemen, but declined to say what retaliatory actions the U.S. would pursue.

Michael Flynn, President Donald Trump's national security adviser, forcefully denounced Iran's behaviour in his first public remarks since Trump took office.

He accused Iran of threatening U.S. allies and spreading instability throughout the Middle East while faulting the Obama administration for doing too little to stop the Islamic Republic.

"As of today, we are officially putting Iran on notice," Flynn said from the White House podium.

On notice for what, Flynn didn't say. THE ASSOCIATED PRESS

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metro VIEWS
Your essential daily news
Thursday, February 2, 2017

CHANTAL HÉBERT ON THE PM'S BROKEN PROMISE

It is fair to ask whether Trudeau was ever serious about keeping his word to Canadians (on electoral reform). From day one, his government's actions never matched his words.

As recently as his town hall tour Trudeau was insisting that he was still interested in changing the voting system.

In early December, the prime minister similarly told the Star editorial board that he remained committed to having a new system in place by 2019.

"I make promises because I believe in them... Canadians don't expect us to throw up our hands when things get difficult," he proclaimed.

But things, as it turned out, never had a chance to get difficult.

For it is fair to ask whether Trudeau was ever serious about keeping his word to Canadians. From day one, his government's actions on the file never matched his words.

With a clock ticking on the logistical feasibility of replacing the first-past-the-post system in time for 2019, it took months for a special parliamentary committee to be set up.

Once it was in place, the government never advanced a position or tried, in any way, to craft the consensus that it now says it has failed to find.

For months on end, the opposition parties and Canadians alike were left to try to divine Trudeau's thinking.

At times, it was as if the Liberals were going out of their way to ensure that no pattern could be discerned in the tea leaves they purported to be guided by.

They rejected both the notion of putting various options to a consultative referendum or of asking Canadians for their preference in the massive online consultation they engaged in at the end of last year.

PLUS ÇA CHANGE The Liberals' retreat on electoral reform echoes Jean Chrétien's abandonment of his vow to replace the GST, Chantal Hébert writes. ADRIAN WYLD/THE CANADIAN PRESS

In politics, a consensus is not like a rare mushroom only to be found by an extraordinarily lucky hunter. In any event, in this case, the government seemed more concerned with burying any hint of a consensus than unearthing one.

It is true that the exercise did not elicit much appetite for a ranked ballot, Trudeau's preferred alternative to the first-past-the-post system. But then it is not as if the government even tried to make a case for it.

The opposition parties feel that they were taken for a yearlong ride, and it is hard to disagree with them.

As the sole elected MP of her party, Green leader Elizabeth May did double and triple duty last fall to participate in the process. Electoral reform is a long-standing priority of her party. On Wednesday she said she had never felt so betrayed by a government.

For his part, the NDP's Nathan Cullen called the prime minister a liar.

Expect parliamentary co-operation, going forward, to be hard to come by.

There are those who will argue that Trudeau is wise to walk away from his electoral reform promise as he needs to clear the decks to focus on the Canada/U.S. front.

But then one could make that same pronouncement about many other Liberal commitments including some that are more likely to act as irritants in dealing with the new White House. The plan to legalize marijuana comes to mind.

The election of Donald Trump has brought about a major reallocation of government resources on Parliament Hill. But it would be easier to find virtue in the government's timing if it had shown one ounce of political will to fulfil its promise in the full year that preceded the American election.

Or if Trudeau had not continued to maintain he still meant to go through with changing the voting system months after Trump's victory.

The prime minister could have come to Canadians this week to say he had underestimated the time required to reform the system and that he needed to push back the deadline for achieving his goal beyond 2019. But Wednesday's announcement was about pulling the plug on the plan, not about recasting it.

Canadian voters are a forgiving lot. The assumption by Liberal government strategists that most will not be inclined to punish Trudeau for breaking a promise that never ranked high in the electorate's list of priorities is probably right.

After all, a plurality of Canadians did not hold it against Jean Chrétien that he broke the more central promise to replace the GST.

There are parallels. Both commitments were shiny Liberal platform objects that turned out to be little more than cheap props. Plus ça change!

The government seemed more concerned with burying any hint of a consensus than unearthing one.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

VICKY MOCHAMA

Face it: Politics and pigskin come as a pair

For the first time, I'm ever-so-slightly cheering against my own team. I am a New England Patriots fan and even I have to admit this amounts to being a Trump supporter.

In late 2015, a reporter noticed that Patriots quarterback Tom Brady had a Make America Great Again hat in his locker. When asked if he thought Trump would make a good president, Brady said, "I hope so. That would be great." He has since been banned from talking about politics by his wife, Gisele Bundchen.

Despite what Gisele wants, football is inseparable from politics and always has been. From the civil-rights actions of players in the '60s to today's issues around domestic violence and concussion science, the politics of the pigskin reflect the politics of the day.

The Patriots are owned by Robert Kraft, an ardent Trump supporter. And head coach Bill Belichick, though unwilling to say it out loud, is enough of a fan that he sent Trump a letter of support. The man barely speaks to media; what is he doing writing a whole letter?

When I would explain where the Patriots fandom lies in the football landscape, I used to say, "It's like cheering for Scar in the Lion King." Since the team's leadership is firmly pro-Trump and bound for another Super Bowl, I'll probably add, "Now imagine if Scar won the Electoral College but not the popular vote."

As a black person, I can't even believe I'm in the position of cheering for a team so white they have men in Minutemen regalia who fire muskets at the end of a touchdown.

I get even more distraught when thinking about the opposing team: the scrappy Atlanta Falcons. Where the Pats are rooted in white Bostonian culture, the Falcons are a reflection of Atlanta's rich black life. Michael Vick, a former quarterback, wrote for Players, "… it meant a lot to me to be able to give the black kids of Atlanta their very own black quarterback."

Arthur Blank, the Falcons' owner, is noted for his philanthropy and generosity to Democratic Party causes. He's also Jewish, and recently criticized Trump for omitting Jews from his Holocaust remembrance message.

There's not even a break from politics during commercial breaks. Budweiser's Super Bowl ad shows the immigrant origin story that led to the creation of beer giant Anheuser-Busch InBev. (InBev came much later via mergers and acquisitions. I look forward to that commercial.) A handful of others carry a political message: KIA would like you think about the environment, Audi has some questions about gender equity (the answer is: buy an Audi); even GoDaddy winks at women in tech.

In its loud, contradictory and hyper capitalist way, the Super Bowl distils the complicated nature of our politics. Every day we vote with our choices. So sometimes, in cheering for the Patriots, I, like many, find myself rooting against my interests.

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Hillary Clinton will reflect on her election loss in a new book coming out this fall

A GUIDE TO TELEVISION ZOMBIES

The Walking Dead's return is a week away, but here's something to sate your appetite, zombie fans: **Netflix's Santa Clarita Diet**, dropping Friday. Drew Barrymore's suburban realtor mom with a gory secret is the latest addition to the ever-growing roster of TV's undead. **Here's a primer on five shows to catch this year with varying degrees of humour, heart and braaaaains**. Minor spoilers follow. EVA LAM/METRO

The Walking Dead (AMC)

What's the zombie science?: The z-word is never used: biter, the infected and, oddly, geek are other sobriquets. Every human is infected with a virus that reanimates them after death, unless the brain is destroyed. We may never know the whole story; creator Robert Kirkman said defining the outbreak's origins isn't a priority. **How traditional are the zombies?** Like the gold-standard Romero zombie, walkers are relatively slow and not terribly intelligent. While the undead present a very real danger, TWD's various human villains drive home the message that Man Is The Real Monster, **which makes this series ideal for fans of:** Night of the Living Dead, 28 Days Later. **Mid-S7 premieres Feb. 12.**

Z Nation (SyFy)

What's the zombie science? The Centers for Disease Control-dubbed ZN1 virus is responsible for turning the world into a zombie wasteland, and as with TWD, only brain trauma can kill a victim. A sole human, a prisoner named Murphy, appears to be immune to infection three years after the initial outbreak. **How traditional are the zombies?** Hey Walking Dead, Z Nation sees your melted walkers and raises you irradiated zombies and zombie-plant hybrids. Aside from these fancy outliers that appear in a few episodes, the zombies of Z Nation are generally faster than those of TWD, especially when they are "fresh." And without giving too much away, did someone say zombie telepathy? **For fans of:** Resident Evil, From Dusk Till Dawn. **S4 premieres later this year.**

Santa Clarita Diet (Netflix)

What's the zombie science? Drew Barrymore's Sheila Hammond has an epic pukefest, dies and wakes up craving tasty human flesh. The "why" isn't entirely clear but hey, on to the wacky hijinks. **How traditional are the zombies?** Sheila's no shambling, dead-eyed ghoul. She resurrects with heightened energy and confidence; as she perkily tells her concerned yet supportive husband Joel, she may eat people but she "can also parallel park in one move now." **For fans of:** Dexter, United States of Tara. **Series premieres Feb. 3**

iZombie (The CW)

What's the zombie science? This is one sports drink that should come with a whopper of a warning: The popular in-universe Max Rager beverage, taken in combination with a street drug, has the side effect of zombie-ism. Humans can also be turned through sexual contact or a scratch, the latter being how our hero Liv Moore becomes iZombie. **How traditional are the zombies?** Liv craves brains, and if she goes without for too long she becomes dumber and more aggressive. Liv finds a steady source of non-living brains through her job at the medical examiner's office. Each brain she eats gives her the person's memories and personality for a short time, and like an undead Nancy Drew she uses her newfound powers to help solve the person's murder. **For fans of:** Veronica Mars, Dead Like Me. **S3 premieres April 4.**

Glitch (Netflix)

What's the zombie science? The mystery behind the resurrection of a group of strangers in the fictional Australian town of Yoranna is a major plot point. Hints are dropped about the involvement of a shady pharmaceutical company as a police officer and a doctor investigate the events. **How traditional are the zombies?** The risen notably do NOT crave brains and other than some initial confusion and amnesia appear to be in perfect health, whether they've been dead for two years or 200, with all their original personality and skills, including, in one character's case, playing the piano. They're preoccupied with all-too-human matters like love triangles and estate disputes. **For fans of:** The Returned, The OA. **S2 premieres later this year.**

OPINION

Queen Bey could lift veil on mom issues

Melita Kuburas and Genna Buck
Metro Canada

Beyoncé is about to become an even busier mom: The superstar announced Wednesday she is pregnant with twins, expanding her family with husband Jay Z and daughter Blue Ivy.

Beyoncé is known for her activism — she has sampled a rousing speech on feminism by writer Chimamanda Ngozi Adichie in Flawless, criticized police brutality, and also campaigned for Hillary Clinton. So here are four critical maternal-health causes that could benefit from having Queen Bey sprinkle her unique influence and impact on them:

1) Global maternal health

The number of maternal deaths globally per year has gone down an astonishing 45 per cent since 1990, even as the population grew by 2 billion people. But that progress is fragile, and could be jeopardized by the strict conditions President Trump has ordered upon U.S. family planning funding in the developing world.

2) Vaccination

Celebrity support — mostly from Z-listers like Jenny McCarthy — has fanned the flames of anti-vaccination conspiracy theories, lending them legitimacy and leading to real-world consequences, like the resurgence of measles and whooping cough in North America. One Instagram photo of Bey and the twins getting their shots could help turn the crazy train around.

3) Parental leave

The United States is still the only industrialized country with no guaranteed paid maternity leave. Queen Bey could use her privileged position to advocate for women — especially low-income and minority women — who get by with a whole lot less.

4) Breastfeeding

The pressure to conform to "breast is best" ideology because of breastfeeding's health benefits has led to a brutal battle in the ongoing mommy wars. If Beyoncé opened up about her own nursing, or made a point to support women no matter how they choose to feed their babies — she could go a long way to healing the rift.

Yes, we recognize this multi-hyphenate woman will have a lot to worry about with a new brood and thriving career. But on Instagram she has already shown she celebrates the beauty and power of a pregnancy, so we think Beyoncé would approve of using this opportunity as another reminder of women's health, and how it's under threat by the current American presidency.

Beyoncé announced her pregnancy on Instagram.

Ducking and diving behind secret doors of old Montreal

Heather O'Neill was eager to return to the environment of early 20th-century Montreal and does so with relish in her new novel, The Lonely Hearts Hotel. SUPPLIED

INTERVIEW

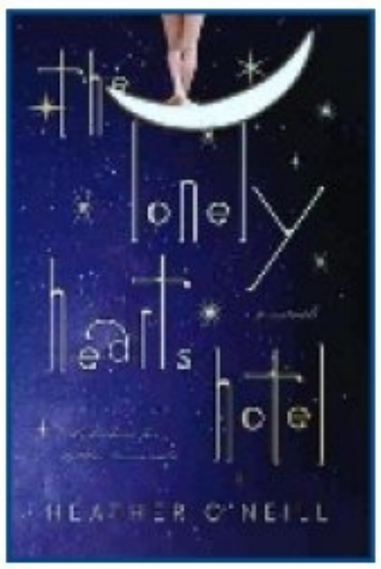
Heather O'Neill mixes modern issues in sultry, classic setting

Sue Carter
For Metro Canada

Heather O'Neill was raised on stories about Montreal's seedy underworld, thanks to her father, who grew up in the Quebec city during the Depression. While most of North America was dry under Prohibition law, 1930s Montreal gained a well-founded reputation as a sin city where the alcohol still flowed and the riotous fun ran past dawn. St-Laurent Boulevard was lined with vaudeville cabarets drawing in some of the world's biggest acts, while St-Catherine Street attracted crowds of both locals and tourists, not to mention the American military, there looking for a good time.

"There were brothels and secret doors, and booze and drugs," says O'Neill. "It was notoriously wild." The port cleaned up somewhat at the end of the 1940s after the American Navy threatened to stop its soldiers from docking because too many of them were coming home with venereal diseases, but the city of saints never lost its appeal as a party destination.

O'Neill was first inspired to write about the era's grit and glam while in her early twenties. She became preoccupied with the idea, hoping to turn her various sketches of gangster-like characters into a book, but felt it was beyond her abilities then as a young writer. And so she filed her stories away in the proverbial drawer, and continued on with other projects, including her 2006 award-winning debut novel Lullabies for Little Criminals, which established O'Neill as a fresh, exciting new voice in CanLit and a successor to Mordecai Richler as Montreal's literary patron saint. After finishing her second novel, 2015's Giller Prize–shortlisted The Girl Who Was Saturday Night, O'Neill decided take another crack at another story set in early 20th-century Montreal with her new novel, The Lonely Hearts Hotel.



The book follows the troubled lives of two orphans, Rose and Pierrot, raised in an orphanage by malevolent nuns who viciously abuse them in horrifying ways.

But the two rise above the violence, connected through some kind of otherworldly energy that especially sparks when Rose performs her mesmerizing dances accompanied by Pierrot's piano. The two are separated for years, but reunite to fulfill a childhood dream of creating a magical circus performance — a revue filled with smart-talking showgirls and sad clowns.

While the novel could be easily read as a love story or a modern fairy tale, The Lonely Hearts Hotel also draws on existentialism and post-modern feminist thinking, mostly emerging through Rose's radical thoughts and forceful nature, which never wanes despite the desperate situations she encounters throughout her young life.

"I applied darker observations that I've had as a woman in the world," O'Neill says. "So many of the issues that we're facing now are exactly the same. It's so frustrating."

Although she reaches back in time, The Lonely Hearts Hotel also features many of what have become O'Neill's signature themes and character types. There are plenty of drugs and sex.

There is unrelenting poverty and heartbreak, gangsters and prostitutes, and an eccentric cast, whom despite their flaws, readers can't help but root for. While O'Neill's previous novels both featured complex familial relationships, for this book she was drawn to the idea that people without blood ties could form their own family, and be free to imagine their own histories, regardless of where they came from.

"I like the idea of characters writing their own narratives, who previously had no narratives," O'Neill says. "They have the ability to write their own past."

Sue Carter is the editor at Quill & Quire magazine.

BOOK BRIEFS

It's sadder by the sequence

Wilson
By: Daniel Clowes; **Publisher:** Drawn and Quarterly; **$19.95; 128 pages**

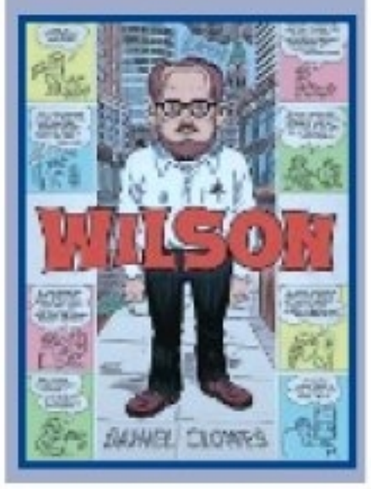
Wilson's hard to like, but easy to relate to. That's the cleverness of creator Daniel Clowes.

This slice-of-obnoxious-life cartoon book is getting a new edition from D&Q this month, in time for the movie version, starring Woody Harrelson and Laura Dern, which is due out on March 24.

In the book, the story plays out in newspaper-style single-page cartoon, each a vignette from the life of a middle-aged loner. Many of the little gag strips are laugh-out-loud funny, as Wilson floats through unremarkable locations, engaging with people (whether they like it or not) to tell them why they're wrong.

But — and this is the clever bit — the story that ties together while reading these strips in sequence is sadder. Wilson seems funny, no-nonsense and iconoclastic, but then there's the slow realization that he's horrible, and unhappy, and flawed. It's all great stuff.

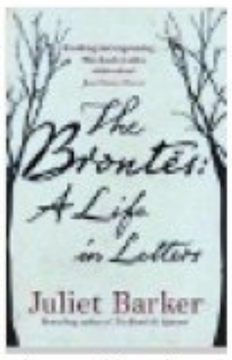
MIKE DONACHIE/METRO



4 BOOKS THAT HELP CELEBRATE CREATIVE WOMEN

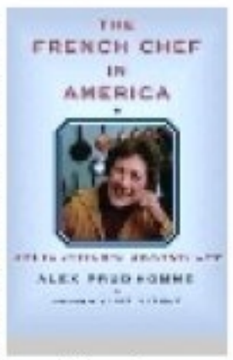
From prolific writers, to an acerbic comic and a queen of cuisine, these engrossing reads focus on famous female trailblazers. TORSTAR NEWS SERVICE

The Brontës



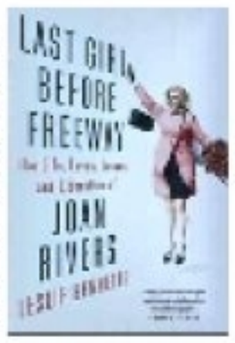
The Brontës: A Life in Letters was published 20 years ago as a companion to The Brontës, Juliet Barker's prize-winning biography, and has been reissued to commemorate the bicentennial of the births of sisters Charlotte, Emily and Anne. The letters provide an immersive experience in understanding how they worked together to give their storytelling genius to the world.

Julia Child



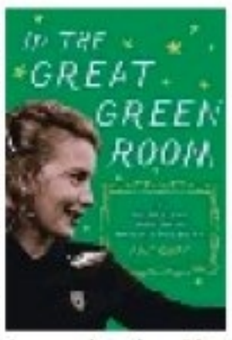
Alex Prud'homme, the grandnephew of Paul Child, Julia's diplomat husband, collaborated with her on My Life in France, the 2006 memoir that he completed after she died in 2004. **The French Chef in America** describes the quarter-century after her return from France, where she morphed from "the French chef," teaching Americans how to cook, into a celebrity in her own right.

Joan Rivers



Leslie Bennetts begins **Last Girl Before Freeway** with Joan Rivers, at age 54, sitting on a bed with a gun in her lap. She'd lost her late-night talk show, lost her mentor, Johnny Carson, lost her husband, Edgar, who had killed himself, lost Melissa, her daughter, who blamed Rivers for her dad's death. But instead of using that gun, she drew on perseverance, hard work and comic genius.

Margaret Wise Brown



Margaret Wise Brown wrote Goodnight Moon and The Runaway Bunny, those ubiquitous children's picture books. She died too soon, at age 42, but seems to have lived a privileged, enviable existence during her short life. **In The Great Green Room** delves into her love of parties; intense affairs with both men and women; and her life as a prolific author.

Lewis examines the Undoing of us

NON-FICTION

Newest book an unofficial prequel to Moneyball

Sue Carter
For Metro Canada

A young woman is brought into Toronto's Sunnybrook Hospital following a traumatic head-on car crash on Highway 401. When her heart rate suddenly becomes erratic, the doctors come to the immediate diagnosis that it's related to a pre-existing thyroid condition.

Just as they're about to treat the woman, another doctor, Don Redelmeier, stops the medical team, asks them to slow down and statistically look at other causes for her distress.

If it wasn't for his intervention, the woman's collapsed lung would have been missed, and she most likely would have died.

This isn't a story from a medical journal, but a scene from Michael Lewis' new book, The Undoing Project: A Friendship That Changed Our Minds, about Israeli psychologists and behavioural economists Daniel Kahneman and Amos Tversky, who wrote groundbreaking studies about the inherent flaws in human decision-making, and why leading with your gut instead of numbers can result in critical errors in judgment.

Although Kahneman won a Nobel Prize for his research, Lewis refers to Toronto's Redelmeier, who worked with the psychologists on several studies, as the "unsung hero" of The Undoing Project.

"He was central to my ability to write this thing. He kept me interested even when I wasn't," says Lewis. "He's a national treasure."

In fact, Lewis — whose non-fiction titles The Big Short, Moneyball, and The Blind Side have been adapted into Hollywood blockbusters — envisions the scene with Redelmeier as the opening to the future film adaptation of The Undoing Project.

While researching the book, the best-selling Californian author made two trips to Toronto to spend time with the doctor; a brief stint compared to the eight years he spent "chasing Kahneman," who was initially reluctant to become Lewis's latest subject, worried his story would dominate that of his longtime partner. Tversky died in 1996, but Lewis spent a lot of time interviewing his family and colleagues, too. "It was a story that wasn't all in one place. Everyone had bits and pieces," Lewis says.

"The pieces were scattered across the academic world, and the academic world is everywhere. It was labour intensive."

Lewis calls The Undoing Project an unofficial "prequel" to Moneyball, his investigative account into the Oakland Athletics' general manager Billy Beane, and his pursuit to build a winning baseball team using computer-generated analytics.

This new book opens with sports, too — here, Lewis looks at errors in the way some ill-informed NBA teams and agents have recruited basketball players based on industry-accepted stereotypes, and how Kahneman and Amos Tversky's findings about how our minds work are still relevant, 40 years later.

The pieces were scattered across the academic world, and the academic world is everywhere. It was labour intensive.
Michael Lewis
MICHAEL LEWIS
THE UNDOING PROJECT

Over his journalistic career, Lewis has faced some tough subjects, and gained unparalleled entry into secreted (and occasionally corrupt) worlds like the Wall Street trading floor. GETTY IMAGES

JOHANNA SCHNELLER WHAT I'M WATCHING

It may be sneaky and may be good but it's not Breaking Bad

THE SHOW: Sneaky Pete, Season 1, Episode 4 (Amazon)
THE MOMENT: The nine-minute monologue

Giovanni Ribisi's Pete is sneaky but not truly bad. CONTRIBUTED

Con-man Marius (Giovanni Ribisi) owes money to bad, bad Vince (Bryan Cranston, who co-created the series). But Marius is hiding in Connecticut under the alias Pete (hence the title). To punish Marius, Vince is about to chop a digit off Marius's brother Eddie (Michael Drayer). (Note to actors in crime dramas: beware playing Eddies. Eddies rarely win.)

Vince's gorgeous girlfriend and four henchmen gather for the deed. But first, Vince spins a story that lasts nine minutes: When he was a rookie cop, his experienced partner Lonnie told him to break the arm of Terence, a teenage repeat offender. Vince couldn't do it.

Years later, Terence killed a cop. Lonnie took Vince to a desolate field, where other cops had dug a grave.

Terence, badly beaten, knelt on the edge. Lonnie pressed a gun into Vince's hand and whispered in his ear, "Okay, motherf*cker, you broke it, you bought it."

This is the kind of silky-menace speech that actors live for. Everyone else in the room stands rigid, silently listening, while you purr around, pour yourself a drink, sit down, stand up, talk into people's faces, then gaze off.

Viewers know Vince is going to hand the bolt-cutters to a henchman with that exact same line.

But it's strange watching Cranston do this here, since his previous series, Breaking Bad, mastered these scenes and then went beyond them, to places more kinetic and less predictable.

Nine minutes gives us plenty of time to wonder what Vince Gilligan's writing room would have worked up.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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MEET THE CONDO

JADE FLATS RIVERSIDE

A growing community

CONTRIBUTED

Project overview

Richcraft has just started construction on a new block of condo flats with closing dates beginning in December 2017. The block is the newest part of their site called Jade Flats located in Riverside South. The neighbourhood also has multiple finished units that can close in as little as two weeks.

Housing amenities

Jade Flats are built with nine-foot ceilings and wide-open designs to create light-filled spaces. The units' current bonus includes hardwood flooring, granite countertops, central air, three stainless steel appliances and a washer and dryer. Each unit also has its own parking space.

Location and transit

The flats have multiple amenities nearby, such as banks, grocery stores, medical services and many other shopping options. There is an OC Transpo transit station with numerous routes only a few minutes away. The Vimy Memorial Bridge increases commuting options by connecting Riverside South to Barrhaven.

In the neighbourhood

Riverside South is a growing area that combines established neighbourhoods with newer developments. The community is mixed with first-time home buyers, families and down sizers. New schools and parks are just minutes away. Plus, the Rideau River allows residents to enjoy meandering trails and boating excursions. ILANA REIMER/FOR METRO

NEED TO KNOW

What: Jade Flats Riverside
Builder: Richcraft
Designer: David Blakely Architect
Location: Off of River and Earl Armstrong Roads
Building: Condo flats
Size: 1,070 square feet to 1,270 square feet.
Pricing: Starting at $230,100
Model: Two bedrooms, two bathrooms
Status: Now selling
Occupancy: Any time
Sales centre: 744 Brian Good Ave.
Phone: 613-491-0834
Website: richcraft.com

metro SPORTS

The Patriots rallied late to defeat the Falcons 27-24 in EA Sports' Madden 17 Super Bowl simulation

Shapovalov adapting to life as a pro player

TENNIS

Ankle injury, life on the road have challenged 17-year-old

Denis Shapovalov is currently ranked No. 234 in the world. JUSTIN TALLIS/AFP/GETTY IMAGES

Denis Shapovalov's transition to professional tennis hasn't come without its struggles.

An ankle injury suffered last fall while training made the 17-year-old Canadian prospect wonder whether turning pro was the right move. Shapovalov had even entered into the junior tournament at the Australian Open in hopes of getting some more playing time.

But after chatting with his team, it was decided that there wasn't any point in going back to the junior ranks.

"If I commit to pros, I really got to stick to it and I think it was a good decision," Shapovalov said in a phone interview from Ottawa, where he's preparing for this weekend's Davis Cup World Group tie against Britain.

Shapovalov, from Richmond Hill, Ont., originally decided to jump from juniors to the pros after winning the Wimbledon boys singles title last July. Increased travel demands, however, have resulted in Shapovalov being home for only a few days so far this year.

"Obviously it's tough, missing my parents, family in general but I'm getting used to it," Shapovalov said.

"It's the life and hopefully I'll get some time to go home maybe for a week or a bit to catch up on things."

Shapovalov, currently ranked No. 234 in the world, broke into the spotlight in 2016. Along with the Wimbledon victory, he shocked current world No. 15 Nick Kyrgios in the first round of the Rogers Cup in Toronto and earned a Davis Cup singles victory in his debut against Chile in September.

> **We have a great prospect in our hands.**
> Martin Laurendeau

Shapovalov has carried that momentum into this year and already has a victory over Pierre-Hugues Herbert of France, then ranked No. 76, in the round of 16 at the East Hotel Canberra Challenger in Australia.

The southpaw underwent a coaching switch in the offseason, splitting with Adriano Fuorivia, who he had worked with for over four years. Canadian Davis Cup captain Martin Laurendeau was hired as his replacement.

Laurendeau said joining forces with the six-foot, 132-pound is a good fit, as the 52-year-old is also responsible for Tennis Canada's transition program.

Though Laurendeau praises Shapovalov's ability, he cautioned that the teenager is currently is a key transition period.

"It's where they either make it or break," Laurendeau said. "It's not a given that if you're a top junior in the world that you automatically become a top player in the men's game.

"You have to be patient and disciplined and just go through the steps and just make sure we manage that career carefully with wild cards. You don't have to speed up somebody so fast that you burn some steps, but you don't want to hold him down either so it's always a fine balance and that's the challenge." THE CANADIAN PRESS

NHL

Hitchcock fired over Blues' recent woes

The Blues abruptly fired coach Ken Hitchcock on Wednesday, cutting short the veteran's final season in St. Louis and putting coach-in-waiting Mike Yeo in charge of the underperforming team months earlier than planned.

General manager Doug Armstrong announced the change one day after the Blues' fifth loss in six games.

"We don't lose with pride," an emotional Armstrong said at a news conference.

"I don't think that we've given our best effort, and, Ken, ultimately he's paying the price with all our failures, starting with mine."

The 65-year-old Hitchcock was in his sixth season as Blues coach. They went 248-124-41 and made the playoffs in each of his five seasons, reaching the Western Conference final last spring. But St. Louis went just 5-8 in January and at 24-21-5 was mired in eighth place in the Western Conference entering the day.

Armstrong said Hitchcock took the news hard.

"He was defiant to the end. There was no kumbaya last night. He was angry." THE ASSOCIATED PRESS

CORSI OUT

Goaltending coach Jim Corsi was also fired, and his duties will be handled by assistant GM and Hall of Fame goaltender Martin Brodeur and Ty Conklin, the team's goalie development coach.

Marleau on cusp of 500-goal milestone

Patrick Marleau is closing in on the 500 career goal milestone the same way he has played the rest of his 19 years in the NHL: with alarming speed.

With six goals in his past four games for the San Jose Sharks, Marleau has moved within one goal of becoming the 45th player to reach the 500-goal mark in his career. Only 17 members of the 500-goal club reached the mark with their original team like Marleau can do. He gets his next chance on Thursday night when the Sharks (32-17-2) visit Vancouver (23-21-6).

Patrick Marleau GETTY IMAGES

"It feels good," said Marleau, 37. "It's one of those things you just can't help but be asked questions about it or talk about. Just the way the team is playing right now is a bonus." THE ASSOCIATED PRESS

PREMIER LEAGUE

Manchester City imposes will on West Ham

Gabriel Jesus had one of City's four goals Wednesday. GLYN KIRK/AFP/GETTY IMAGES

Manchester City's players looked like they could score at will in their latest big win over West Ham. Manchester United couldn't even manage one goal against Hull.

On an evening of contrasting fortunes in the Premier League for the Manchester giants' expensive strikeforces, City thrashed West Ham 4-0 away to close the gap on its rivals for Champions League qualification and United was held 0-0 by a team that started the game in last place.

City was the only member of the top six to win in the midweek round of fixtures and moved level on points with fourth-place Liverpool, with 15 games left this season. United is in sixth place, four points adrift of the top four after a third straight draw for Jose Mourinho's side.

While Zlatan Ibrahimovic and Paul Pogba were getting frustrated at Old Trafford, Gabriel Jesus was leading City's dismantling of West Ham on his first start for the team after being picked ahead of Sergio Aguero in what could be seen as a nod to the future.

Jesus was joined on the scoresheet by Kevin De Bruyne, David Silva and Yaya Toure. THE ASSOCIATED PRESS

IN BRIEF

Sens deal for forward Hagel

The Ottawa Senators acquired forward Marc Hagel from the Minnesota Wild on Wednesday in exchange for future considerations.

Hagel, 28, has seven points (two goals and five assists) in 26 games with AHL Iowa this season.

He will be assigned to AHL Binghamton and was expected to be in the lineup for Friday's home game against the Hershey Bears, the Senators said in a release. THE CANADIAN PRESS

Bolt not holding a grudge over stripped gold medal

Usain Bolt says he is resigned to the fact that he's lost one of his nine Olympic gold medals, but isn't holding any grudges against drug-tainted Jamaican relay teammate Nesta Carter.

Carter has said he will appeal after re-analysis of his sample from the 2008 Beijing Games using more advanced scientific methods returned a positive test to the prohibited stimulant methylhexaneamine. THE ASSOCIATED PRESS

Brady and Belichick's secret recipe

SUPER BOWL

Ex-Patriot Sam says it's their desire to prove themselves

Tom Brady and Bill Belichick continue to make history as a QB-head coach tandem in New England. BILLIE WEISS/GETTY IMAGES

They're pro football's dynamic duo, the crusty head coach and ageless quarterback, chasing yet another Super Bowl title.

But former Patriots receiver P.K. Sam believes it's a burning desire to constantly prove themselves that sets New England's Bill Belichick and Tom Brady above the rest in the NFL.

"It's a rare case of two people being on the same page," Sam, also a former CFL player, said via telephone. "They both had a lot to prove and I think they just came together and said, 'No matter what, we're going to do this.'

"It's something I don't think we'll see again in our lifetime."

Belichick became New England's head coach in 2000, five years after being fired by the Cleveland Browns. Brady, now 39, arrived months later as a sixth-round draft pick despite a 20-5 record as a two-year starter at Michigan. They'll make a record seventh Super Bowl appearance together Sunday when New England faces the Atlanta Falcons. A win would be their fifth, the most for a head coach-quarterback tandem.

The six-foot-three, 210-pound Sam knows a thing or two about Belichick and Brady. The former Florida State receiver was a 2004 fifth-round pick by New England and spent two seasons there, receiving a Super Bowl ring as a 21-year-old rookie. Since '01, New England has the NFL's most regular-season (196), playoff (24) and Super Bowl wins (four). Belichick and Brady have been a constant for a franchise forever tweaking its roster.

Sam, 33, appeared in two of New England's first five games in 2004 before going on injured reserve with a groin injury. Sam said he locked horns with Belichick about the move because it cost him roughly US$70,000 in salary and Sam felt he could've returned later that season.

Sam went to the reserve/suspended list in January 2005 after violating team rules. He wasn't with the Patriots when they beat the Philadelphia Eagles 24-21 in Super Bowl XXXIX.

"What people don't know was back in my day if you were drafted after the third round, you had what was called a split contract," said Sam, now working in IT sales in Dayton, Ohio. "If you went on IR, your contract was split in half. "It was a case of me standing my ground and obviously he stood his. But I took it too far, I made a mistake and showed up late one day and that was kind of the final straw."

> **It's a rare case of two people being on the same page.**
> P.K. Sam on Brady and Belichick.

P.K. Sam GETTY IMAGES FILE

Sam also played for Cincinnati, Oakland, Miami and Buffalo as well as Toronto (2008-09, 2011) and Calgary (2010) in the CFL. He remained upset about the New England suspension until 2012 when while listening to a radio program he heard someone say, 'Until you wish success for people, you yourself will never receive it.' That prompted Sam to write an apology to Belichick, stating he hoped one day they could meet and shake hands. That happened months later at the Super Bowl in Indianapolis where the Patriots lost 21-17 to the New York Giants.

Sam wrote Belichick again last week but his letter was aimed at Patriots players. "I'm not sure he'll have time to read it to them," Sam said. "It's to the younger guys.

"It doesn't matter if you're on IR or the practice squad, you're still part of the team and your actions can help or hurt the team going into Super Bowl Sunday."

Time has given Sam a new perspective on Belichick's tough-love approach. "It's difficult when you're young but as an older guy now what he teaches you lasts beyond football," Sam said. "Accountability and the slogan that's become famous and attached to his name: 'Just do your job.' That's life. THE CANADIAN PRESS

SUPER BOWL

Fallen pivot Vick hopes Falcons soar

Michael Vick never led the Atlanta Falcons to the Super Bowl. His career with the team ended in disgrace. Yet no one is rooting harder for the Falcons to win their first championship.

"A lot of people are surprised when they find out how passionately I've been rooting for the Falcons this season," Vick wrote a 4,300-word letter posted Wednesday on The Players' Tribune website. "They assume that there is some sort of tension between us, some level of bitterness. And even when I tell people that it isn't the case, I have a feeling they may not exactly believe me."

Vick was perhaps the most dynamic player in franchise history, a quarterback who revolutionized the position with both his passing and running skills.

But after six years with the Falcons, a stint that included two playoff appearances and one trip to the NFC championship game, Vick was sent to prison in 2007 for running a dogfighting operation. While serving his time, the Falcons drafted Matt Ryan, handed him the starting quarterback job and cut all ties with Vick.

In his letter, Vick said he always thought he would get a chance to rejoin the team because of his unique bond with the city.

Michael Vick. GETTY IMAGES

"I wanted to lead the Falcons to the Super Bowl," he wrote. "In my mind, even from a prison cell, there was at least one thing I hadn't lost: I was still the Atlanta Falcons quarterback."

While at the Leavenworth federal penitentiary in Kansas, Vick learned the Falcons had taken Ryan with the No. 3 overall pick in 2008. Heartbroken, he finally realized there was no going back to Atlanta, at least as a member of the home team.

Vick played five years for the Philadelphia Eagles and had backup stints with the New York Jets and Pittsburgh Steelers. He did not play this past season and will reportedly hold a retirement bash the night before the Super Bowl in Houston. THE ASSOCIATED PRESS

IN BRIEF

Drones banned for big one

The Federal Aviation Administration is warning that drones won't be allowed in the airspace around the Super Bowl between the New England Patriots and the Atlanta Falcons on Sunday in Houston.

The FAA said in a statement Wednesday that certain aircraft operations including drones will be prohibited within a 34.5-mile radius of NRG Stadium from 4 p.m. to 11:59 p.m. on Sunday. FAA Administrator Michael Huerta says, "Drones are becoming popular, but they also pose certain safety risks." THE ASSOCIATED PRESS

There's a great deal more work to be done

NFL commissioner Roger Goodell on rumblings of the Raiders' move to Las Vegas

MAKE IT TONIGHT

Budget-friendly Spiced Flank Steak with Chimichurri Sauce

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This recipe features inexpensive flank steak with an herb sauce that packs five-star flavour.

Ready in 25 minutes
Prep time: 10 minutes
Cook time: 15 minutes
Serves 4 to 6

Ingredients
- 1 beef flank steak (900 kg)
- 1/2 tsp salt
- 1/2 tsp coriander
- 1/2 tsp cumin
- 1/4 tsp oregano
- 1/4 tsp pepper

For the Chimichurri
- 1/2 cup packed fresh basil
- 1/2 cup packed fresh flat-leaf parsley
- 1/2 cup packed fresh cilantro
- 1/4 cup extra-virgin olive oil
- 1 clove garlic, roughly chopped
- 2 tsp lime juice
- 1 Tbsp white wine vinegar
- 1 tsp anchovy paste
- 1/2 tsp salt
- 1/8 tsp pepper

Directions

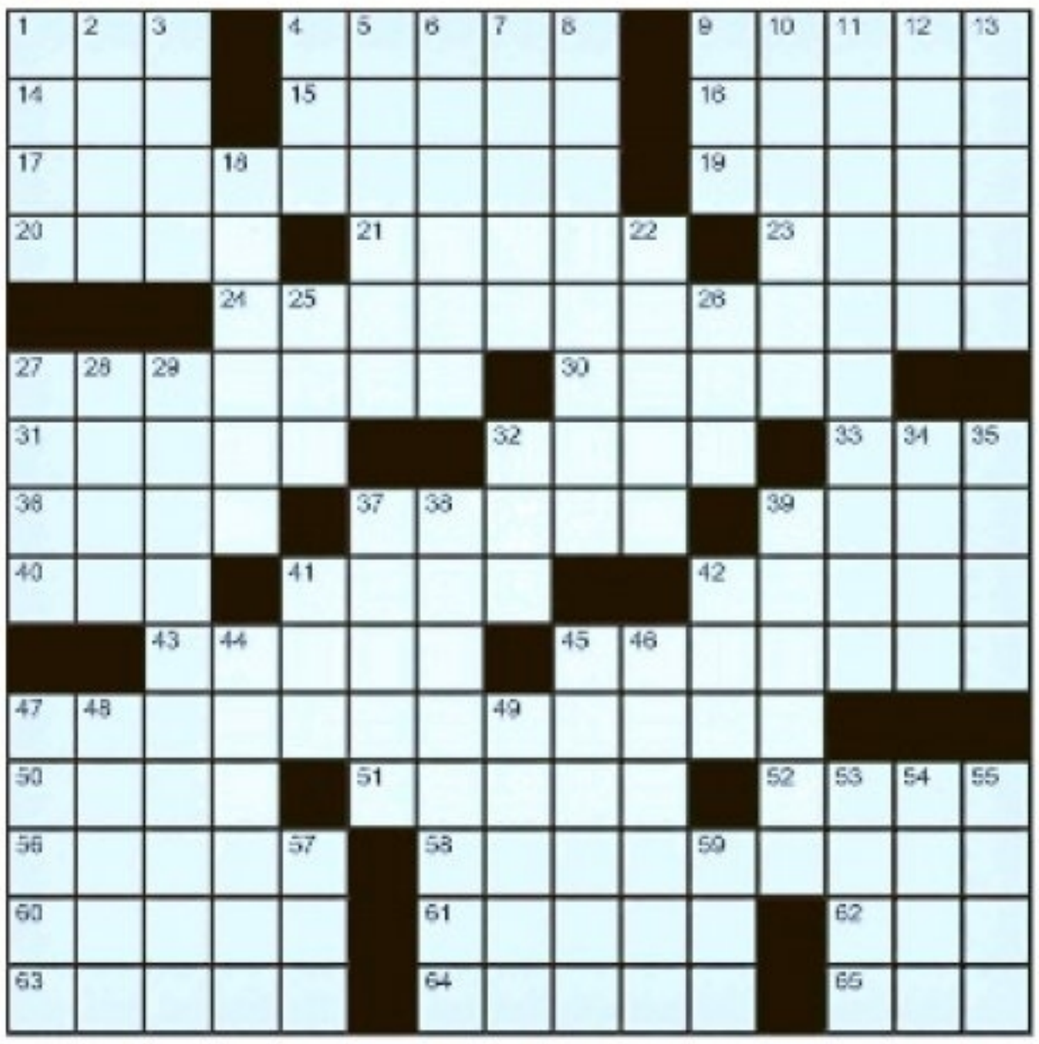
1. For chimichurri: Place all chimchurri ingredients in blender. Process, shaking blender if necessary, until smooth. Pour into a serving bowl.

2. For steak: Preheat broiler. Coat a broil pan with cooking spray. Combine salt, coriander, cumin and oregano and pepper, and sprinkle over both sides of steak. Place steak on pan and broil 4 minutes per side. Transfer to a cutting board and allow to rest 5 minutes. Cut against grain into 1/4-inch wide strips. Serve with chimichurri spooned on top and a fresh greens and sliced cherry tomatoes.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Implore
4. Rice/seaweed roll
9. Charming spots to sit and sip, such as in Old Montreal
14. Madonna movie role
15. 19th-century composer Mr. Bruckner
16. Toward the stern
17. Sleeping time in the army: 2 wds.
19. Montcalm's 1759 Battle of Quebec opponent
20. To boot
21. Seven-plus-One
23. "Sole Survivor" band
24. Town in southern Alberta about an hour west of Lethbridge: 2 wds.
27. Conquers
30. Chirpers
31. _ squash
32. Restaurant chain, with Bell
33. Strong little boat
36. "_ the Boss?"
37. Give a guess
39. Destiny
40. Negative word
41. Crooked
42. Fable's lesson
43. Bobby Hull's son
45. Detectives
47. Village in western Saskatchewan, sounds like a perfect place from the name: 2 wds.
50. Opposin'
51. Prometheus, for one
52. Montreal's world fair in '67
56. Hostel
58. Secretly listen in on
60. Georgia who played Georgette on "The Mary Tyler Moore Show"
61. Put into heard words
62. Appropriate
63. Open court hearings
64. Mr. Towel
65. Go-ahead-er's answer

DOWN
1. "Dracula" (1931) name
2. Downright nasty
3. Practical jokes
4. Idled
5. Like a letter that never went into the mailbox
6. Ancient Greece: Followers of Zeno of Citium
7. Dancer/actress/singer Julianne
8. A sure thing: 3 wds.
9. Cornfield cry
10. "All _!" (Call from the train)
11. Runner's mistake on the track: 2 wds.
12. _ White, Jennifer Hudson's Oscar-winning role in "Dreamgirls" (2006)
13. Montreal _ Spice (Seasoning sort)
18. Dreamers
22. In the blink of an eye
25. Mr. Somerhalder
26. _-Magnon man
27. Aurora
28. Reverberate
29. Overpass for pedestrians
32. Famed tomb king, commonly
34. Beehive State
35. Hair salon goos
37. Comprehend: 2 wds.
38. Most fidgety
39. Broke a sports rule
41. _ & Breakfast
42. "Alice" diner operator
44. New York _, Mark Messier, once
45. Electric _ (Beard trimmer)
46. _ algebra
47. The _ Diet ('Caveman' diet)
48. Suffering
49. Stage, as of a cycling event, in France
53. Hospital photo
54. Vatican bigwig
55. Chooses
57. "Desperate Housewives" cast member ...her initials-sharers
59. Sun's spot

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Your enthusiasm for something will make bosses and parents sit up and listen. Just make sure your ideas are doable and realistic. Nevertheless, enthusiasm is contagious!

Taurus April 21 - May 21
You're excited about big travel plans, because you want to go places! You also enjoy studying lofty topics and having profound discussions about philosophy, religion and politics.

Gemini May 22 - June 21
If you have to decide how to divide an inheritance or share something today, you will be more than generous. This is why you must be sure to take care of your own best interests.

Cancer June 22 - July 23
Conversations with partners and close friends are upbeat and friendly today. You're in the mood to schmooze and have fun!

Leo July 24 - Aug. 23
You have great ideas at work today because you are enthusiastic about something. You will find it easy to get others to climb on board and endorse what you want to do. Work-related travel is likely.

Virgo Aug. 24 - Sept. 23
This is a playful, fun-loving day! Make plans to socialize with others. Enjoy sports events, fun activities with children and romantic get-togethers. Have fun!

Libra Sept. 24 - Oct. 23
You have big plans today about future repairs for where you live. However, this also is a great day to have the gang over for good food and drink.

Scorpio Oct. 24 - Nov. 22
You are optimistic today. You're pondering big ideas and big projects. This is all well and good, but just make sure that what you want to do is doable.

Sagittarius Nov. 23 - Dec. 21
This is a great day for business and commerce. Whatever you do today could possibly boost your income, because you have moneymaking ideas.

Capricorn Dec. 22 - Jan. 20
Today Mercury is in your sign, dancing with lucky moneybags Jupiter. This makes you full of big ideas. Others will be attracted to your enthusiasm and positive frame of mind.

Aquarius Jan. 21 - Feb. 19
This is a pleasant day! Whatever you do, you will feel confident about the future and your upcoming plans. You value your privacy today.

Pisces
Feb. 20 - March 20
This is a great day to hang out with younger people and have fun. You will enjoy interacting with clubs, groups and associations. You feel positive about your future goals.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		8	1	4			5	
	6			2	5			9
7					6	3		
3						1	9	
6	8			7			4	3
	2	4						6
		1	6					2
9			8	1			6	
	7			3	9	4		

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

1	6	3	7	9	4	8	2	5
4	9	7	8	5	2	3	1	6
5	8	2	1	3	6	7	9	4
6	5	1	3	7	8	9	4	2
7	3	4	5	2	9	1	6	8
8	2	9	4	6	1	5	3	7
2	7	6	9	8	3	4	5	1
9	1	8	6	4	5	2	7	3
3	4	5	2	1	7	6	8	9

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